



Skin Cancer & Melanoma Awareness Month

FEATURED RESOURCES | MAY 2022

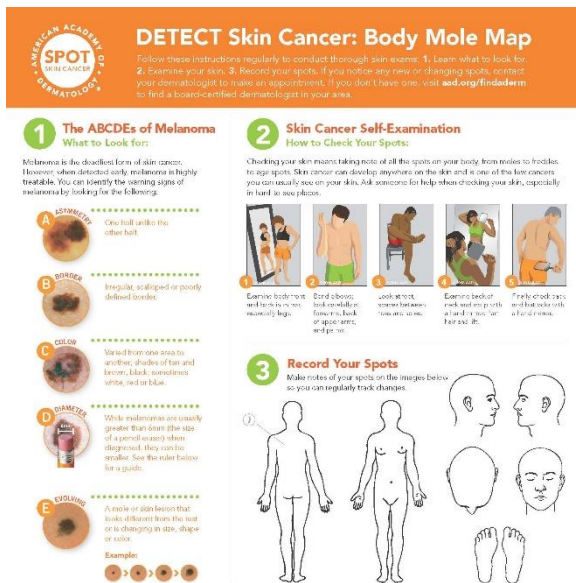
With over 5 million cases diagnosed in the United States each year, skin cancer is America's most common cancer. Fortunately, skin cancer is also one of the most preventable forms of cancer. About 90 percent of nonmelanoma skin cancers and 85 percent of melanoma cases are associated with exposure to ultraviolet radiation from the sun. By sharing facts about the dangers of unprotected exposure and encouraging people to check their skin for warning signs, we CAN and WILL save lives.

Following is a compilation of resources to supplement your Skin Cancer/Melanoma Awareness Month activities (or any time during the year) to help you bring awareness to skin cancer and how to prevent it.

Start AND wrap up the month with these two awareness events...

Melanoma Monday | May 2, 2022

The American Academy of Dermatology established Melanoma Monday, the first Monday in May, to raise awareness about the most serious form of skin cancer. Follow this link for tools and resources to encourage skin self-examinations, how to track changes and knowing the ABCDEs of melanoma <https://www.aad.org/public/diseases/skin-cancer/find/at-risk/mole-map>.



Don't Fry Friday | May 27, 2022

The National Council on Skin Cancer Prevention has designated the Friday before Memorial Day as "Don't Fry Day" to raise awareness of skin cancer prevention and to encourage everyone to protect their skin as they head outdoors to kick off the summer season. Follow this link for a "Don't Fry Day" toolkit <https://skincancerprevention.org/get-involved/dont-fry-day/> to download social media images like the one below, videos, proclamation templates, school activities and more.



RESOURCE

Melanoma 101 and MORE

AIM at Melanoma

<https://www.aimatmelanoma.org/melanoma-101/>

- **Highlights:** Protecting your Skin; How to Do a Skin Self-Examination; What Causes Melanoma; Types of Melanoma; and much MORE
- **Social Media Suggestion:** Post video "The ABCDEs of Melanoma" <https://www.youtube.com/watch?v=vUhGDEamF2c&t=46s>

Sun Safety Educational Toolkit for Kids (Grades 3-5) **NEW IN 2022**

KAT Marketing (ND DoH Comprehensive Cancer Program/ND Cancer Coalition)

<https://www.ndcancercoalition.org/awareness-campaigns-and-materials/skin-cancer-awareness/>

- **Highlights:** Sun Safety video featuring Parker the Penguin; PowerPoint; Parent Handout; Coloring Pages
- **Social Media Suggestion:** Post video “Sun Safety” <https://www.youtube.com/watch?v=VT3Kg1Eg5TY>

Healthwise for Guys | Healthwise for Women

NDSU Extension

<https://www.ag.ndsu.edu/publications/health-fitness/healthwise-for-guys-skin-cancer>

<https://www.ag.ndsu.edu/publications/health-fitness/healthwise-for-women-skin-cancer>

Highlights: Quick Quiz, Potential Signs of Skin Cancer, Sun Safety Tips, Downloadable Resources

Social Media Suggestion: Post Video “Skin Cancer—Take Steps to Reduce Your Risk” **NEW IN 2022**

Most local Extension Offices have a treasure trove of educational tools on cancer topics including skin cancer. Reach out to partner with them to bring education to your community. To find the Extension Office in your area, follow this link: <https://www.ndsu.edu/agriculture/extension/county-extension-offices>

Do You Use Protection?

American Academy of Dermatology

<https://www.aad.org/public/diseases/skin-cancer/do-you-use-protection>

Highlights: Infographics, Fact Sheets, Posters

Social Media Suggestion: Post “Can You Spot the Skin Cancer” Quiz

<https://www.aad.org/public/diseases/skin-cancer/find/quiz>

Melanoma and Skin Cancer Awareness Month Campaign

George Washington School of Medicine and Health Sciences

<https://cancercontroptap.smhs.gwu.edu/news/melanoma-and-skin-cancer-awareness-month-campaign>

Highlights: Data and Statistics; Best Practices for Communicating about Skin Cancer; Social Media Images and Messages

Social Media Suggestion: Use one of the social media images, accompanying text and link:

<https://cancercontroptap.smhs.gwu.edu/news/melanoma-and-skin-cancer-awareness-month-campaign#facebook>

#SunSafeSelfie

Centers for Disease Prevention and Control (CDC)

<https://www.cdc.gov/cancer/skin/sunsaferselfie/index.htm>

Highlights: #SunSafeSelfie poster

Social Media Suggestion: Download image <https://www.cdc.gov/cancer/skin/sunsaferselfie/index.htm#> to post and link the instructional flyer <https://www.cdc.gov/cancer/skin/sunsaferselfie/pdf/SunSafeSelfie-Flyer-508.pdf>

Preventing Skin Cancer: Take the Quiz

American Cancer Society (ACS)

<https://www.cancer.org/cancer/skin-cancer/skin-cancer-quiz.html>

Highlights: Infographic

Social Media Suggestion: Post comment “Test your knowledge of these 6 common beliefs about skin cancer.” Add link <https://www.cancer.org/cancer/skin-cancer/skin-cancer-quiz.html>

REMINDER: The North Dakota Department of Health has resources to assist you in your awareness month activities include DermalScan machines and handheld UV meters. Click [here](#) for details.